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Episode 3 : Establishing a New Routine

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Hey y'all Mandi from SAS here.

Today we are going to talk about establishing a new routine during a time of change.

Currently we are all living in a world of uncertainty and unknowns. It's easy to get overwhelmed by news that seems to get worse every day. Or frightened by the rise of sickness in the world, our country, and in our local communities.

Many are trying to stay afloat financially and are concerned with staying healthy and safe. We are struggling with the loss of social groups and community, making us feel a bit adrift and untethered. Our lives have been turned upside down and nothing feels the same anymore.

The staff here at SAS recognize that on top of all this, you have to be students too.

One of the questions that our staff is asking ourselves is "How do we get through this?" and "How do we get our students through this?"

One of the first things that came to mind is working on establishing a new routine in this time of change.

Creating and sticking to a routine can provide you with stability and bring a certain level of comfort in your daily life. It can also provide you with a certain amount of control- while you cannot control what is happening during this pandemic, you CAN control what is on your schedule!

To get started building a new routine, think about the things you had been doing while attending in-person classes.

It may have been going to the gym in the morning before classes, meeting a friend for coffee, or eating a big breakfast.

Whatever it was, try to maintain it. Make time to have coffee or tea at home, do a quick workout in your living room, or try eating the same foods for breakfast.

Think about your sleep schedule. Did you maintain a regular sleep routine while you were at school?

If so, think about going to sleep and getting up at the same time every morning- even when you don't have a physical class to report to anymore.

Take a shower and get dressed for the day, avoid the urge to stay in your pajamas. Put on your work or “school” clothes and take time to practice self care.

This may help you trick your body in to thinking that it DOES need to report to a physical space.

Next, reserve times on a weekly calendar with tasks or items that you know you will need to do every day. First start with meal times (breakfast, lunch, and dinner).

Then add in some scheduled break times. After that, take a look at your classes and select times on your schedule to look at that specific material at the same time every day.

For example, every Monday from 2-3:30, do your calc 2 homework sets. And on Tuesdays and Thursdays at 10:00, work on your history readings.

Take a look at your updated syllabi and pay attention to changed deadlines. Add in those new deadlines on a google calendar or other monthly calendar and reserve time on your weekly schedule to work on these projects.

Follow your new routine for at least 1 month. Research shows that new routines are most easily followed if you do them for at least that long.

However, be kind to yourself.

Recognize that you will have bad days.

You will have days that you did not follow your new schedule.

You will have days that you did not follow the new routine.

When this happens, say to yourself “It’s okay” and then hit the reset button, and try again tomorrow.

That’s all for us today. Thanks for listening. As always SAS is here to help.